



MyPyramid Audio Podcasts

Choosing Fruits and Vegetables

[Intro Music] Welcome to MyPyramid Podcasts, brought to you by the USDA's Center for Nutrition Policy and Promotion. I'm your host, sharing tips you can use everyday to eat right and get active.

[Sound Effects: cash register, supermarket] What's the first thing you usually see when walking into a supermarket? Fresh fruits and vegetables! Today, I'll explain how to make wise choices when picking fruits and vegetables. Low price does not always mean low quality. Fruits and vegetables that are in season usually cost less. They are also more likely to be at the peak flavor. Pre-cut or ready-to-eat produce does cost a bit more. But it saves time in preparing healthier meals. Try baby carrots, cherry tomatoes, and bagged salads for veggies and cut-up fruits such as melons and pineapples.

That's it for today. To find out more information about eating and living healthy, go on our website at MyPyramid.gov for more great tips. Talk with you next time!